

BUTTERNUT SQUASH SOUP

Making the Broth...

Combine 6-8 cups of water into large pot or slow cooker, mix all vegetable scraps (Celery, Carrots, Onion, Cabbage, Etc.) Add any fresh herbs (Cilantro, Thyme, Etc.) Bring to a boil, and then let simmer for about 24-36 hours. Adding water if needed.

Ingredients:

- 2 Butternut Squash baked (face down on sheet, halved, in trace amount of water) peeled and chopped.
- 3 large Carrots, cut into pieces
- 3 Apples, cut into slices
- 2 Fresh Garlic cloves, minced
- 2 tsp. Fresh Ginger, minced
- 1-2 tsp. Pink Himalayan salt
- 1/2 tsp. Turmeric
- 1/4 tsp. Cinnamon
- Black Pepper, to taste
- Fresh juice from 1/2 lemon

In a soup pot, heat the veggie broth on medium-high heat. In a separate pan, sauté the onion and garlic for 2-3 minutes in small amount of water. Add in the carrots, apple and ginger. Cook for about 5 minutes. Add in the butternut squash, Himalayan salt, turmeric, cinnamon and pepper. Mix well, continue to cook another 5 minutes. Bring to a boil then reduce heat and cover. Simmer for about 15- 20 minutes, or until all vegetables are soft. Turn off heat and stir in the fresh lemon. Using a Vitamix or hand blender (immersion blender) pureé the soup until smooth and creamy. Be sure to let out the hot air from the top to prevent a soup explosion. Taste test and add more salt or extra spices as needed. Serve immediately. Garnish with fresh apple, raisins, hemp seeds, pumpkin seeds or pecans!